

A TIP FROM A  
**FORMER  
SMOKER**

# ***AFTER YOU HAVE A LUNG REMOVED, TAKE SHORT BREATHS.***

Annette, Age 57, Diagnosed at 52  
New York

Smoking causes immediate damage to your body.  
For Annette, it caused lung cancer. You can quit.  
For free help, call **1-800-QUIT-NOW.**



U.S. Department of  
Health and Human Services  
Centers for Disease  
Control and Prevention  
[www.smokefree.gov](http://www.smokefree.gov)